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Naval Service Medical News (96-05)
8 February 1996

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HEADLINE: Navy Corpsman Donates Bone Marrow to Save Girl's Life
NNMC Bethesda, MD (NSMN) -- When HM3 Teresa Wilson was wheeled into the operating room, it was the first time she had been in the hospital as a patient. Ever. She was scared, but determined. She hoped the operation would be a success.

In another part of the country, that hope was shared by the parents of a 5-year-old girl who was more familiar with hospitals than little girls should be. She had acute lymphoma and without a bone marrow transplant she would die. Wilson was donating that bone marrow.

Twenty-four to 48 hours before Wilson's surgery, the little girl underwent chemotherapy to kill all of her existing marrow. Then, with her immune system almost gone and very sick from the chemotherapy, she lived in a bubble until the marrow from Wilson arrived.

With the transplant completed, Wilson took a few days off before returning to work. Reports are that the child is doing better than expected, but that she won't be out of the woods for a year. In the meantime, Wilson has faith that everything will work out. Recognition of her faith, and the unselfish giving of herself, has come from the Navy's top Sailor -- Chief of Naval Operations, ADM J.M. Boorda, who called Wilson a hero and wrote to her in a letter that he was "especially proud to know that you and I serve together in the world's greatest Navy."

Condensed from a story by Teal Ferguson, National Naval Medical Center Bethesda

HEADLINE: Telemedicine at Work Afloat for Chief Boatswain's Mate
USS GEORGE WASHINGTON (NSMN) -- Injuries happen with no notice, ashore or at sea. From first degree burns to compound fractures, the Medical Department aboard USS GEORGE WASHINGTON (CVN 73) provides the finest medical attention available at sea. Now, they're even better. Ask BMC Guy Tillery, Deck Department Leading Chief Petty Officer aboard USS MERRIMACK (AO 179), he'll agree.

"The medical staff on GW was very professional," said Tillery. "They used their up-to-date technology and took care of my injury." Tillery's injury occurred when he was making his way through a water-tight hatch and a swell of 10-12 feet slammed the hatch shut, pinning his wrist between the hatch and the seal. The result was a fracture to his left distal radius, commonly known as the wrist.

Because there is no X-ray machine in MERRIMACK's Medical Department, he had to be sent where he could be diagnosed properly -- the battle group's aircraft carrier, GEORGE WASHINGTON.

"We used the computed radiology system to rapidly give us an X-ray image of the injured wrist, which revealed a complex, displaced fracture," said GW's Senior Medical Officer, CDR Dean Bailey, MC. Computed radiology is a system that uses no film to transfer a picture to a monitor. The X-ray picture is captured on what is called a phosphor sheet, which is inside a cassette, and can be slid into a laser reader, which is like a photocopier, and produces the image in seconds on a radiology workstation monitor for the specialist to see. Using telemedicine, the digital image was then transmitted to Naval Medical Center Portsmouth, VA, for evaluation by an orthopedic specialist.

"Instead of sending the patient to the specialist, we bring the expertise of the specialist to the patient," said Bailey. "Because of the nature of the fracture, it was determined that Tillery's injury would require more than a simple cast."

Because of GW's well-trained staff of medical professionals and the use of telemedicine, Tillery was quickly and correctly diagnosed with an injury serious enough to warrant a medical evacuation for further care at Naval Medical Center Portsmouth.

Story by JO3 Thomas M. Smith, USS George Washington

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HEADLINE: USS WASP 'Dental Docs' All Smiles

USS WASP (NSMN) -- Deployed to the Adriatic Sea in support of NATO's Peace implementation Force, it's business as usual for the Dental Department aboard USS WASP (LHD 1), despite being thousands of miles from its home port.

Dental technicians aboard the multipurpose amphibious assault ship have completed nearly 5,000 procedures on approximately 1,000 Sailors and Marines as well as treating 50 children in Albanian orphanages. WASP's present deployment began in late August 1995.

"The work we do is rewarding for me," said DN Paul Agnir. "I know how much everyone appreciates what we are doing for

them."

The many healthy smiles aboard WASP and its sister ships USS SHREVEPORT (LPD 12) and USS WHIDBEY ISLAND (LSD 41) are proof of that.

WASP Amphibious Readiness Group units are scheduled to return to their East Coast home ports this month upon being relieved in the Mediterranean.

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HEADLINE: First Graders Tour Naval Hospital Groton

NAVHOSP Groton, CT (NSMN) -- Thirty-two first graders from a New London, CT, magnet school received an up-close education in health care at Naval Hospital Groton late last month. Their field trip included a visit to four clinical areas of the hospital, affording them the opportunity to observe demonstrations and ask questions.

The first stop at the laboratory initially appeared somewhat scary for the students. After receiving assurances from the Laboratory Officer, LT Gerry Thomas, MSC, that their blood would not be drawn, students relaxed. This visit included a tour of laboratory spaces and viewing of such items as bacterial colonies on a culture dish and blood under a microscope. One student commented, "This is neat!"

The tour of the radiology spaces began with the X-ray darkroom. HM2 Tony Evans provided an opportunity to peek into what the group termed as "The Bat Cave" and gave the students a first-hand look at a person's heart using ultrasound.

A dramatic demonstration was performed in the Orthopedics Clinic, where HM2 Neil Lewis, applied an arm cast to one of the teachers present. Everyone had the opportunity to feel a newly applied cast. Removing the cast drew a lot of attention, with most students concerned their teacher would be cut by the cast saw's blades.

The final area of this field trip, the Emergency Room, was especially fascinating for the first graders. HM2 John Kamishlian applied EKG leads to one student, prompting several others to ask questions about how an EKG machine works.

This field trip showed the students that there are other areas existing in a hospital besides the "ER." With this in mind, they also saw up close how each department performs their specialized tasks daily. Maybe one day, a future health care provider who attended this trip might very well report aboard for duty.

Story by ENS C.A. Weaver, MSC, USNR, Naval Hospital Groton

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HEADLINE: Son Of A Sailor Bids Navy Fond Farewell After 28 Years

NAVHOSP Pensacola, FL (NSMN) -- HMCM Daniel W. Francis, former Command Master Chief of Naval Hospital Pensacola and the son of a U.S. Navy Limited Duty Officer, was awarded the Meritorious Service Medal during a recent retirement ceremony honoring his more than 28 years of naval service.

"Today is a day of bests," said guest speaker CAPT D.J. Wildes, formerly the hospital's Commanding Officer. "This is the

best small town in America ... we're at the best Naval Hospital ... and we're here to honor the best Master Chief Hospital Corpsman" on the day of his retirement.

Francis, who served three tours at, or with commands affiliated with, Naval Hospital Pensacola, began his Navy career in 1967. His first duty station was at Naval Hospital Pensacola as a ward corpsman. Over the next three decades, he served at Pensacola's Naval Aerospace Medical Institute, as a medevac Corpsman in Adak, AK, with the fleet aboard USS TICONDEROGA (CVS 14) and USS TRIPPE (FF 1075), with the Marines and deployed with Surgical Team SEVEN to the Persian Gulf during Desert Storm.

The Navy bids a fine Sailor Fair Winds and Following Seas.

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HEADLINE: NMC Portsmouth Receives Meritorious Unit Commendation
NMC Portsmouth, VA (NSMN) -- Naval Medical Center Portsmouth, VA, was awarded a Meritorious Unit Commendation for "unparalleled success in overcoming the numerous challenges of providing state-of-the-art medical care to its beneficiaries during reduction in funding and manpower."

An 8 February ceremony, where the center's Commander, RADM William R. Rowley, accepted the award from RADM Robert S. Cole, Commander Naval Base Norfolk, was followed by a reception opening the first command art show, featuring artwork by 11 command artists.

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HEADLINE: Lame, Sick and Lazy Prints Available

BUMED Washington (NSMN) -- By popular demand, prints of the portrait, "Sick, Lame and Lazy," which hangs in the Surgeon General's office, are now available by calling the Naval Historical Society at (202) 433-3815. The identification number is Waterhouse 1972-69, accession #88-162-ZJ. Prices for color prints are: \$18.50 and \$2.50 shipping for an 8X10 print; \$26.50 and \$4.50 shipping for an 11X14 print; and \$44.50 and \$8 shipping for a 16X20 print.

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HEADLINE: AMA Supports Military Physicians in Bosnia

AMA Chicago (NSMN) -- Once again, as the American Medical Association did during Operations Desert Shield and Storm, dues of any physician who has been called to serve our country will be waived. This includes physicians called to serve in the peacekeeping mission in Bosnia as well as those assigned to ships supporting Operation Joint Endeavor.

To receive the waiver, the member or a family member should call the AMA's toll-free number at 1 800 262-3211 and a Member Service Representative will initiate the waiver. Letters requesting a waiver should be directed to the American Medical Association, Tom Everding, Membership Information Services, 9th Floor, 515 N. State St., Chicago, IL 60610.

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HEADLINE: EEAP Deadline Draws Near

WASHINGTON (NSMN) -- The Enlisted Education Advancement Program (EEAP), which offers highly qualified and career motivated enlisted personnel the opportunity to earn an associate or baccalaureate degree, will be accepting applications until 1 March. Sailors selected to the program can expect to enter college between August 1996 and January 1997.

Applicants will be screened by a selection board in April for selection for full-time college or university enrollment for up to 24 months. Sailors interested in applying for EEAP should submit their applications prior to the 1 March deadline. The address for submission, which is a change from the one previously announced, is Chief of Naval Education and Training, EEAP N23/0842, 250 Dallas Street, Pensacola, FL 32508-5220.

Complete eligibility requirements are published in OPNAVINST 1560.8A and NAVADMIN 016/96. Additional information may be obtained from Lois Martin at DSN 922-4996 ext. 308, or (904) 452-4996 ext. 308.

Story by Michael McLellan, Bureau of Naval Personnel

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HEADLINE: Stuhr Scholarship Available

New York (NSMN) -- The Commander William S. Stuhr Scholarship Fund recently announced the availability of its 1996 scholarships. The fund helps family members of active duty or retired officers or enlisted members of the armed services. Five scholarships are available, one for a family member from each service.

The scholarship is for \$4,000, paying \$1,000 per year for four years. To be eligible, family members must be high school seniors; in the top 15 percent of their class through the first half of their senior year; a family member of an active-duty or retired officer or enlisted member; planning to attend a four-year accredited college; and prepared to be a guest, with parents, at a scholarship awards function given in late May or early June.

Applications are now available and can be obtained from: CDR William S. Stuhr Scholarship Fund, 1200 Fifth Ave., New York, NY 10029.

The completed application must be received at this address by 1 April 1996.

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HEADLINE: HEALTHWATCH: Is Indoor Tanning Safe?

NNMC Bethesda, MD (NSMN) -- Indoor cosmetic tanning is a billion dollar enterprise in the United States. An estimated one million Americans visit tanning salons on any given day. Patronization is perpetuated by the cosmetic desirability of a tan, lack of public knowledge about the adverse effects of tanning beds, false information by tanning salons and public indifference. Tanning devices using mainly ultraviolet A (UVA) light are also erroneously promoted as a "safe" way to get a tan.

Are indoor cosmetic tanning devices safe? The answer is unequivocally no.

Tanning is the name given to the phenomenon of skin

darkening with sun exposure. It is a protective response of the skin to sun damage. The components of sunlight best known to cause tanning are ultraviolet B (UVB) and UVA light.

There are two types of tanning -- immediate and delayed. Immediate tanning occurs within seconds, lasts for a few minutes or hours, and is induced mainly by UVA light. This is the "guaranteed tan after just one session" commonly advertised by tanning salons. Since this tan is very fleeting, it offers no protection against subsequent sun exposure and will not provide any protection on a sunny vacation days later.

Delayed tanning, on the other hand, occurs gradually after a few days, lasts for days to weeks, and is induced primarily by UVB light. UVA can induce this type of tanning, but it is much less efficient in doing so. Also, not all people who are exposed to UVA light are capable of delayed tanning.

The adverse effects of UVA tanning devices are many and can be acute or chronic. Acute problems include itching dry skin, nausea and light sensitivity. Although UVA light is not as potent as UVB light in causing skin damage, the long-term or chronic effect of excessive UVA light is the same as UVB light and includes eye damage, skin cancer and photoaging.

Cosmetic tanning is harmful medically. The long-term effects are the same for both indoor and outdoor tanning.

Cosmetic tanning of any sort should be avoided

Story by LCDR Robert R. Harford, MC, and CAPT Dennis A. Vidmar, MC, National Naval Medical Center Dermatology

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled meetings:

-- 11-14 February, 6th National Managed Care Forum, Hyatt Regency San Diego, (312) 422-3886.

-- 14-16 February, Recent Advances in Neurology, Sheraton Palace Hotel, San Francisco, sponsored by the University of California. For information, call (415) 476-5808.

-- 16-18 February, Second Annual Course on Management of the HIV-Infected Patient: A Practical Approach to the Primary Care Practitioner, in New York City. The course carries 20.25 CME credit hours. For more information, contact Awilda Pinillos, Center for BioMedical Communication, (201) 385-8080.

-- 2 March, 14th Annual Navy Nurse Corps Perioperative Nursing Symposium, Dallas Convention Center. For registration and program information, contact CDR K. Cadwell, NC; (301) 295-1399/5477, DSN 295-1399/5477, email nsh1kac@nsh10.med.navy.mil or LCDR Kim Harlow, NC; (301) 295-4180/4181, DSN 295-4180/4181.

-- 22-29 March, Thirty-Seventh Navy Occupational Health and Preventive Medicine Workshop, Virginia Beach, VA. The tri-service Military Audiology Short Course and the Navy Independent Duty Corpsman (IDC) Conference will run concurrently. For more information, call the workshop hotline at (804) 363-5452/5508.

The email address is workshop@ehc50.med.navy.mil and <http://ehc40.med.navy.mil/~workshop> on the World Wide Web.

-- 17 April, Third Annual Hospice Foundation of America Teleconference -- "Living with Grief: After Sudden Loss." For more information, call Mr. John Dewey, (202) 638-5419.

-- 19-24 May, Health Promotion Training Course, sponsored by the Navy Environmental Health Center, Norfolk, VA. For more information, contact Ms. Becky Washburn, (804) 363-5598; DSN 864-5598.

-- 22-25 May, 1996 National Image Training Conference and Convention, Salt Lake City, UT. The Armed Forces Banquet of this national Hispanic organization, will be 23 May. For more information, see NAVADMIN 299/95, CNO Washington message 131122Z DEC 95, or call LCDR E.D. Olmo, DSN 224-2007 or (703) 614-2007.

-- 23-25 May, 12th Annual Current Issues in Anatomic Pathology, San Francisco, sponsored by the University of California. For information, contact (415) 476-4251.

-- 8-19 July, 4th Annual Operational Preventive Medicine Course, Navy Environmental and Preventive Medicine Unit No. 5, San Diego. For more information or to enroll, contact the NEPMU5 Training Officer at DSN 526-7086, (619) 556-7086 or email nepmu5@trout.nosc.mil

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HEADLINE: Sign Up Now for NEHC's Occ Health/PM Workshop
NEHC Norfolk, VA (NSMN) -- The Navy Environmental Health Center will host the Thirty-Seventh Navy Occupational Health and Preventive Medicine Workshop from 22-29 March in Virginia Beach, VA.

Navy Surgeon General VADM Harold M. Koenig, MC, will present the conference keynote address on Monday, 25 March, at 0900. Dr. Stephen C. Joseph, Assistant Secretary of Defense for Health Affairs, will present the Woodward Lecture that afternoon at 1300.

The workshop will feature more than 150 courses and sessions in the areas of occupational health, preventive medicine, health promotion, environmental protection and industrial hygiene. Most courses offer health professionals the opportunity to earn continuing education credit, including CME, CEU and CM credit.

There is no registration fee, however, advance registration is requested. For additional information, call the workshop hotline at (804) 363-5452. The email address is workshop@ech50.med.navy.mil. The World Wide Web site is <http://ehc40.med.navy.mil/~workshop>.

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HEADLINE: Operational Flight Surgeon Of The Year Nominations Due
NAMI Pensacola, FL (NSMN) -- Nominations are currently being solicited for the Richard E. Luehrs Memorial Award. This award is given annually to recognize outstanding performance in operational aviation medicine practice by a first or second tour naval flight surgeon of the rank of lieutenant or lieutenant commander. Nominations should be based on outstanding performance during the 1995-96 time period.

Submissions should be addressed to Commanding Officer, Naval Aerospace And Operational Medical Institute (Code 25), 220 Hovey Rd., Pensacola, FL 32508-1047, and should arrive no later than 15 April. NAMI's message DTG 231000Z JAN 96 has more details, or you can call NAMI's CAPT J.C. Baggett at DSN 922-4272 or (904) 452-4272.

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HEADLINE: Nominations Due to BUPERS by 16 February

CNO Washington (NSMN) -- Nominations of outstanding Hispanic military members for the 1996 National Image Meritorious Service Awards are due to the Chief of Naval personnel no later than 16 February. The awards will be presented to two members from each service during National Image Inc.'s Training Conference and Convention in Salt Lake City, UT, 22-25 May 1996. National Image is a Hispanic organization that has maintained close ties to the Department of Defense for 24 years.

See NAVADMIN 299/95, dtg 131122Z DEC 95, or call LCDR E.D. Olmo at DSN 224-2007 or (703) 614-2007 for details.

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